



COUNTY OF KAUA'I

News Release

For Immediate Release: April 19, 2016

Committee on the Status of Women to host empowerment workshop

LĪHU'E – The Kaua'i Committee on the Status of Women (KCSW) will host another empowerment workshop on Tuesday, April 26 titled "Make Your Own Way."

The workshop will be held in Līhu'e from 5:30 to 6:30 p.m. at the YWCA of Kaua'i's Women Center, 4410 Hardy Street.

Savita Kumar, a master coach and board certified holistic health practitioner, will lead the hour-long session.

"This workshop is designed to provide women with the tools they need to reduce the anxiety in their lives, and to live a stress-free life," said Kumar.

Kumar is a former member of the Committee on the Status of Women and the Kaua'i Fire Commission and currently sits on the Kaua'i Police Commission. She is committed to helping women take charge of their lives and share their unique strengths with their families and communities.

Growing up in India, Kumar always had a burning curiosity about the world. She trained as a scientist, receiving masters' degrees in microbiology and botany. Though she has always been fascinated by the scientific world, her true passion has always been people.

The KCSW is part of the Hawai'i State Commission on the Status of Women, which strives to advance the status of women and girls by acting as a catalyst for positive change through advocacy, education, collaboration and program development.

The KCSW meets on the third Wednesday of the month. The next scheduled meeting is on April 20, 5 p.m., Līhu'e Civic Center, Mo'ikeha Building, Meeting Room 2A/2B.

All KCSW meetings are open to the public.

If you need an ASL Interpreter, materials in an alternate format, or other auxiliary aid support, please contact the Office of Boards and Commissions at 241-4920 or via email sent to mromo@kauai.gov at least seven days prior to the event.

